

# Proper Care of Your Dentures/Partials

**\*\* Your dentures should be cleansed twice a day to remove plaque, stains and odor-causing bacteria. Keep in mind that the surface of the denture material is considerably softer than natural teeth and can be more easily damaged. So treat your dentures with care and avoid using just any kind of abrasive cleanser, which includes many of the regular toothpaste brands.**

## **DO**

- Clean dentures twice daily. Denture soaks are okay, but for thorough cleansing, the American Dental Association encourages the use of a denture brush and low-abrasive denture toothpaste.
- Brush gums and tongue gently using a regular toothbrush; they also need cleansing and stimulating.
- Clean dentures over a sink half-filled with water to prevent breakage if they should fall.
- Store dentures in a water solution of mouthwash when not being worn or they may warp and dry out.
- Ask the dentist about removing your dentures at night; this is generally a good idea to help rest the tissues of the bearing areas.
- Take new dentures out for short rest periods.
- If soreness develops, call us. You may need to come back in for an adjustment.

## **DON'T**

- Don't use boiling water on your dentures; the denture material may warp.
- Don't use rough household products to clean your dentures. They can damage surfaces.
- Don't use a hard abrasive dentifrice, which includes many regular types of toothpaste.

## **ALSO**

- Be sure to have regular dental check-ups. Mouth tissues change and adjustments in your dentures may be required to ensure continued proper fit and good oral health. Remember, dentures are not permanent. The supporting bone undergoes constant change and shrinkage, which can lead to reduced denture stability, retention and tissue irritation. The dentist can determine when this change necessitates relining of your dentures.
- Never buy do-it-yourself denture-repair kits or you may end up damaging your dentures and altering their proper fit.
- Do not become frustrated. The more motivated you are, the sooner you will feel comfortable with your new dentures.
- With a little practice, you'll soon be speaking and eating (and smiling) with confidence. Remember you are not alone...44 million other Americans wear dentures too.